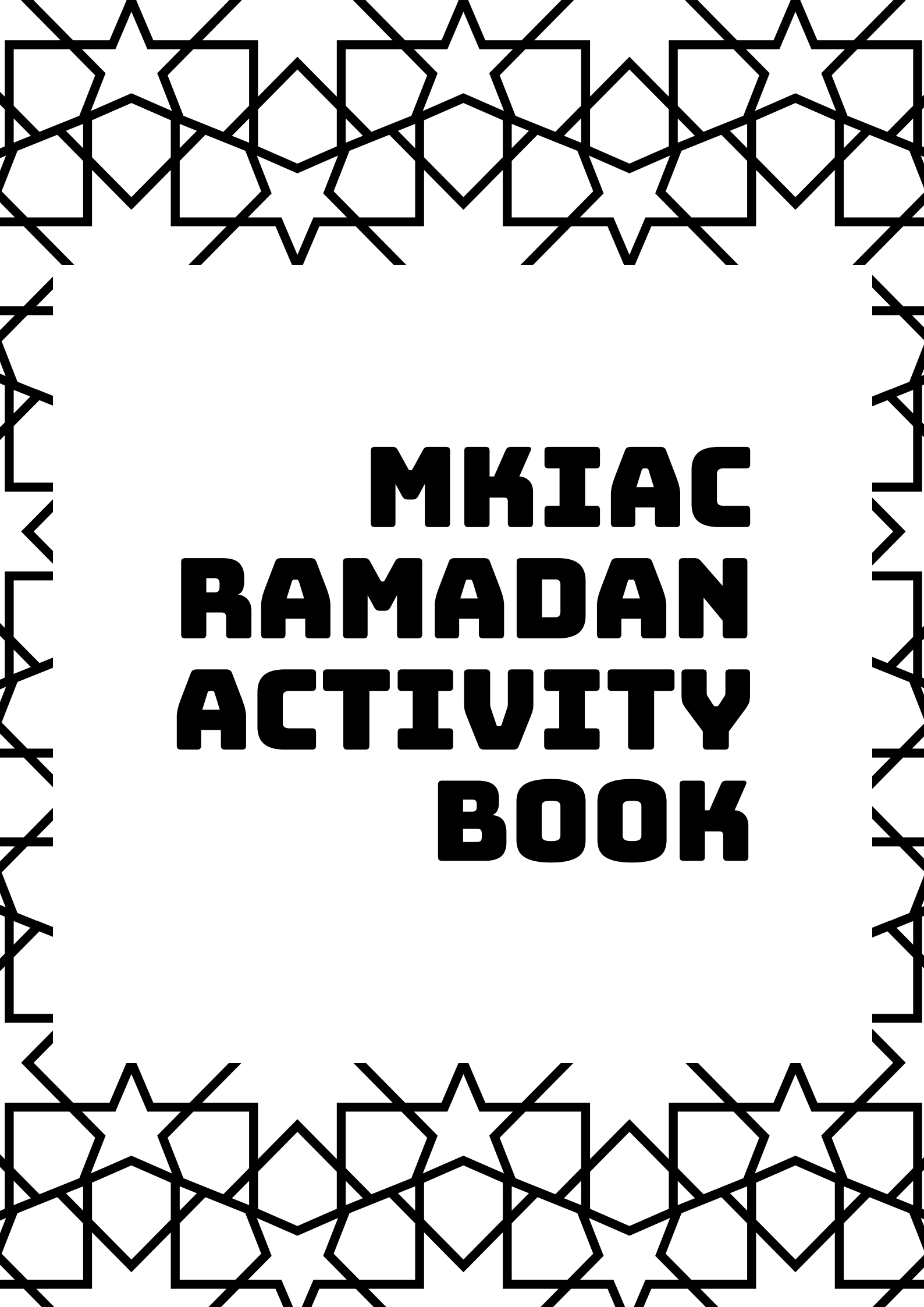


A decorative border surrounds the central text, featuring a repeating geometric pattern of interlocking squares and stars, reminiscent of Islamic art.

MKIAC RAMADAN ACTIVITY BOOK

ABOUT MKIAC:

MKIAC'S WORK CELEBRATES AND DEVELOPS CONTEMPORARY AND TRADITIONAL ISLAMIC ARTS AND ARTISTS. THROUGH OUTREACH, PROGRAMMES, EVENTS AND ACTIVITIES, WE ADVOCATE THE SHARING OF OUR CULTURE AND HERITAGE, ENCOURAGING INTERCULTURAL COLLABORATIONS, AND ENGAGING THE COMMUNITY IN LEARNING. WE WANT TO PROMOTE INTEGRATION AND CROSS-CULTURAL UNDERSTANDING THROUGH THE ARTS.

MKIAC CURRENTLY DELIVERS EID - ART IN THE PARK, AN ANNUAL FESTIVAL IN MILTON KEYNES, COMPRISED OF EXHIBITIONS, PERFORMANCES, STORYTELLING AND ART WORKSHOPS REPRESENTING A RANGE OF ISLAMIC CULTURES, CUISINES, FASHION AND ART. THE SITE WELCOMES ALL CULTURES AND THE EVENT ATTRACTED OVER 18,000 IN JULY 2019.

DURING THE PANDEMIC, WE HAVE MAINTAINED OUR PROGRAMMING AND SUCCESSFULLY CREATED A DIGITAL PRESENCE, THROUGH MONTHLY ONLINE DISCUSSIONS AND SPOKEN WORD EVENTS AND WITH A DIGITAL GALLERY ON OUR WEBSITE.

UBHEADING

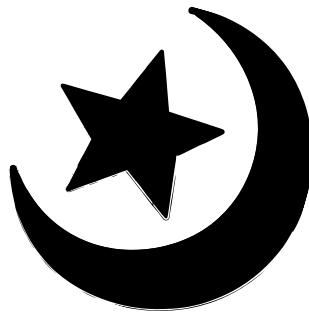
NOTE TO PARENTS:

THIS ACTIVITY BOOK IS AIMED AT CHILDREN FROM ANY FAITH, IN ORDER TO LEARN ABOUT THE FESTIVAL OF RAMADAN. WE AIM TO LOOK AT THE FESTIVAL FROM A CULTURAL PERSPECTIVE, SO THAT ALL CAN CELEBRATE AND UNDERSTAND! SOME HELP MAY BE REQUIRED WITH THE RECIPE ON PAGE 5 AND WE WOULD LOVE TO SEE YOUR SUBMISSIONS FROM THE MOON AND STARS ACTIVITY ON PAGE 9.

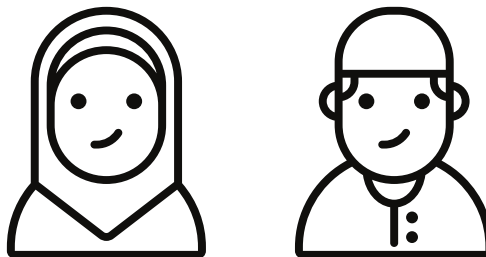
RAMADAN!

RAMADAN IS A VERY SPECIAL TIME FOR MUSLIMS ALL AROUND THE WORLD AND IT IS AN IMPORTANT TIME IN THE ISLAMIC CALENDAR. DURING THE MONTH OF RAMADAN, MANY MUSLIMS DON'T EAT OR DRINK BETWEEN SUNRISE AND SUNSET, THIS IS CALLED FASTING.

MUSLIMS BELIEVE THAT FASTING ALLOWS THEM TO CONCENTRATE ON THEIR BELIEFS AND TO COME CLOSER TO ALLAH.



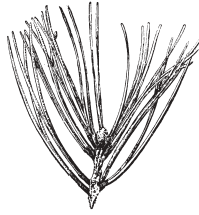
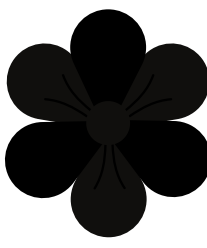
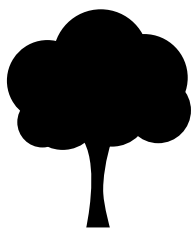
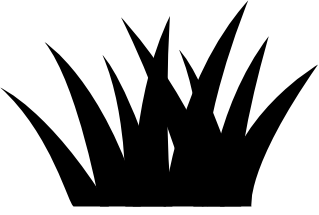
EID AL-FITR!



THERE IS A SPECIAL FESTIVAL CALLED EID AL-FITR! BUT FIRST, WE HAVE TO SEE THE NEW MOON IN THE SKY BEFORE WE CAN CELEBRATE. MUSLIMS CELEBRATE THE END OF FASTING BUT ALSO THANK GOD FOR GIVING THEM THE STRENGTH AND HELP FOR GETTING THROUGH THE MONTH. PEOPLE MAKE SPECIAL FOODS, GIVE MONEY TO CHARITY AND CHILDREN GET NEW CLOTHES TO WEAR!

A TREASURE HUNT!

RAMADAN IS A TIME FOR REFLECTION AND ONE OF THE BEST PLACES TO DO THAT IS OUTDOORS! NEXT TIME YOU GO ON A WALK, CAN YOU SPOT ALL OF THE THINGS BELOW? KEEP YOUR EYES PEELED!

4 LEAVES 	6 SMALL ROCKS 	1 PINE NEEDLE 
2 STICKS 	4 FLOWERS 	5 TREES 
2 KINDS OF GRASS 	3 FLYING BUGS 	1 BUTTERFLY 

RAMADAN MUBARAK!

**THIS WORD SAYS RAMADAN AND IF YOU WANT TO GIVE SOMEONE
GOOD WISHES DURING THIS MONTH, YOU CAN SAY, 'RAMADAN
MUBARAK' OR 'RAMADAN KAREEM'!**





THE BREAD OF THE DESERT



FOR MANY PEOPLE LIVING AROUND THE WORLD IN MUSLIM COUNTRIES, THE DATE TREE IS VERY IMPORTANT. IT IS MOSTLY GROWN IN THE DESERT, AND MANY PEOPLE EVEN CALL THEM 'THE BREAD OF THE DESERT.' WE HAVE HEARD PEOPLE SAY, 'AN APPLE A DAY KEEPS THE DOCTOR AWAY', BUT DID YOU KNOW THE MUSLIM EQUIVALENT IS 'SEVEN DATES A DAY KEEPS THE DOCTOR AWAY' - WE ARE GOING TO FIND OUT MORE ABOUT THIS WONDER FRUIT!

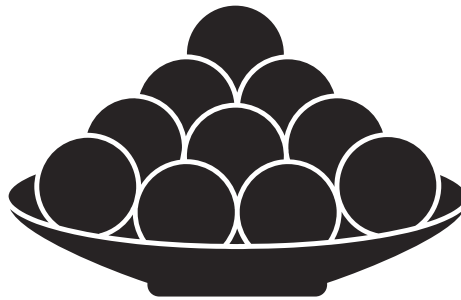
THE DATE TREE IS A VERY USEFUL TREE BECAUSE IT CAN GIVE A LOT OF SHADE IN HOT WEATHER, BUT THE BEST THING ABOUT THEM IS THE FRUIT THAT THEY GIVE! THEY ARE A PERFECT SOURCE OF ENERGY WITH SUGAR, CARBOHYDRATES AND LOTS OF VITAMINS AND FIBRE, TOO!

IT IS ALSO A SPECIAL FOOD BECAUSE IT BRINGS MANY DIFFERENT ISLAMIC COMMUNITIES AND CULTURES FROM AROUND THE WORLD TOGETHER. DURING RAMADAN, FOR MANY PEOPLE, IT IS THE FIRST THING THAT THEY EAT AFTER THEY HAVE BEEN FASTING ALL DAY, BECAUSE IT GIVES YOU LOTS OF ENERGY, QUICKLY!

NOW THAT WE HAVE LEARNT ALL ABOUT DATES, WHY DON'T YOU TRY THIS DELICIOUS RECIPE FROM PAKISTAN WITH A LITTLE HELP FROM SOMEONE OLDER!

WHAT ARE YOUR FAVOURITE RECIPES FOR IFTAR? SEND US A PICTURE TO MKIAC@MKCOLLEGE.AC.UK

KHAJOOR KI MITHAI



INGREDIENTS

1/4 CUP CHOPPED PISTACHIOS

1/4 CUP SLICED ALMONDS

1/4 CUP CHOPPED CASHEWS

1 TBS. ORGANIC RAW HONEY

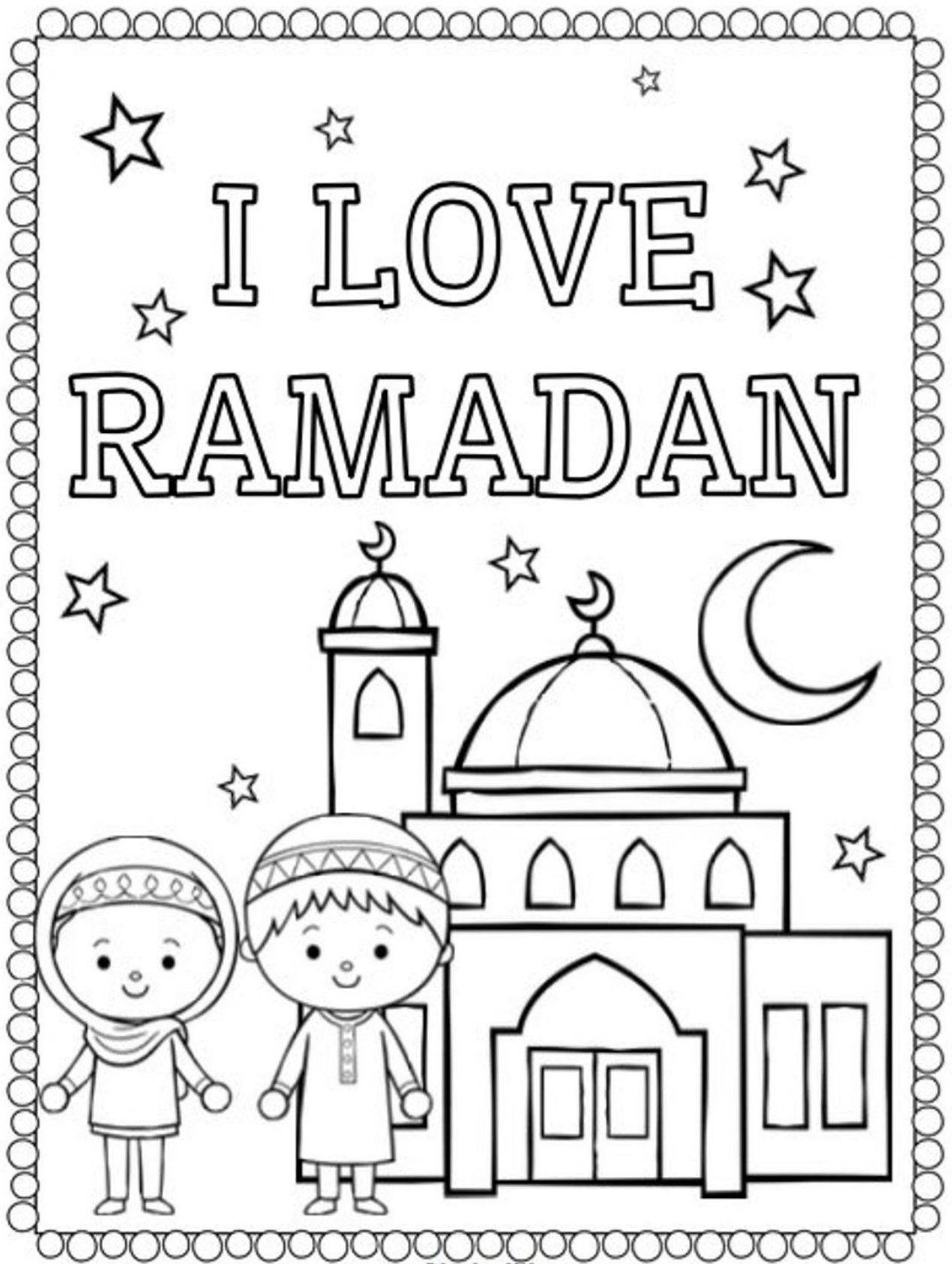
1 LB. MEDJOOL DATES (ABOUT 36), PITTED AND CHOPPED

2 TBS. BUTTER

SEEDS FROM 4 CARDAMOM PODS, GROUND INTO POWDER

4-5 TBS. SHREDDED DEHYDRATED COCONUT

- 1. CHOP PISTACHIOS AND ADD THEM TO A BOWL ALONG WITH HONEY. MIX WELL AND SET ASIDE.**
- 2. CHOP DATES AND ADD THEM TO A SAUCEPAN OVER MEDIUM HEAT ALONG WITH GHEE AND CARDAMOM. SAUTÉ FOR FIVE MINUTES, STIRRING FREQUENTLY SO THEY DO NOT BURN.**
- 3. REDUCE HEAT TO LOW AND STIR UNTIL THE MIXTURE FORMS A PASTE (ABOUT FIVE MORE MINUTES).**
- 4. ADD ALMOND SLICES AND CASHEWS AND COMBINE WELL. LET THE MIXTURE COOL.**
- 5. ONCE YOU CAN HANDLE THE MIXTURE, ROLL IT OUT BETWEEN TWO SHEETS OF PARCHMENT PAPER.**
- 6. PLACE PISTACHIO MIXTURE ALONG ONE EDGE OF THE DATE SHEET. FROM THAT EDGE, ROLL INTO A LOG (LIKE SUSHI).**
- 7. ROLL THE LOG IN COCONUT FLAKES, COVER IN PLASTIC WRAP, AND PLACE IN THE FRIDGE UNTIL FIRM (AN HOUR OR SO).**
- 8. ONCE FIRM, CUT INTO SLICES. SERVE AT ROOM TEMPERATURE WITH A LITTLE HELP FROM SOMEONE OLDER!**



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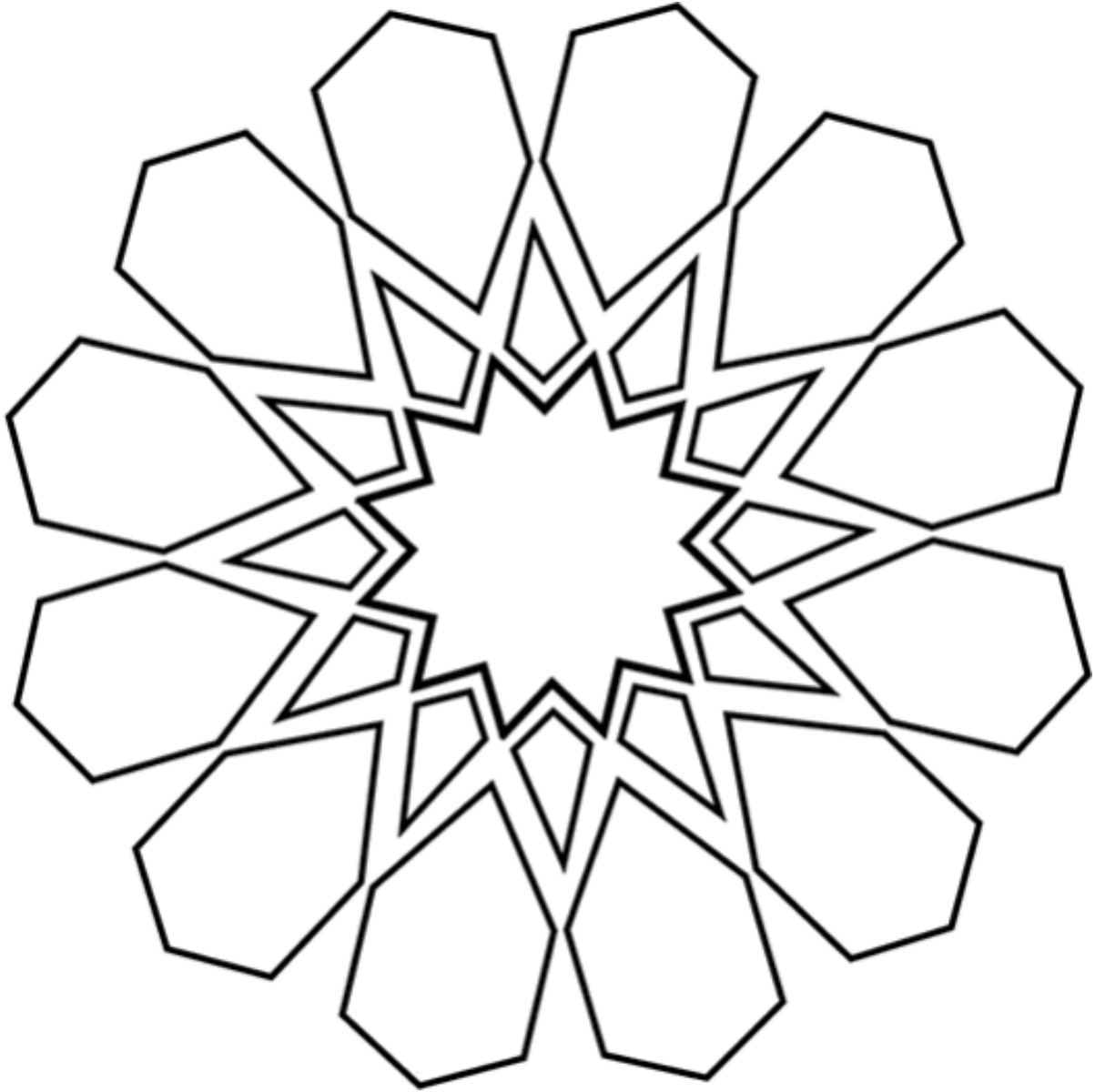


BEING KIND

RAMADAN IS A TIME FOR US TO THINK ABOUT DOING GOOD THINGS FOR OUR FAMILY AND FRIENDS, AND SPENDING TIME WITH THEM. IT IS ALSO A TIME TO DO NICE THINGS FOR OUR COMMUNITY AND PEOPLE WHO MIGHT NEED OUR HELP.

CAN YOU THINK OF THREE KIND OR HELPFUL THINGS THAT YOU COULD HELP YOUR FAMILY OR COMMUNITY WITH?

1.
2.
3.



A WORDSEARCH!

FIND THE WORDS HIDDEN IN THE PUZZLE! THE WORDS ARE HIDDEN UP AND DOWN!

1. CHARITY

2. DAWN

3. EID

4. FAMILY

5. FRIENDS

6. MOON

7. PRAYER

8. SHARE

9. SUNSET

L	W	F	C	S	Y	E	L	E	C	P	K
E	O	R	D	U	Z	S	S	I	H	R	F
E	Y	I	A	N	T	S	H	C	A	I	A
I	R	E	W	S	D	W	A	H	R	K	M
D	K	N	N	E	R	W	R	F	I	G	I
L	I	D	F	T	R	B	E	U	T	W	L
V	K	S	M	O	O	N	P	A	Y	Y	Y
I	T	Y	K	P	R	A	Y	E	R	Z	Z

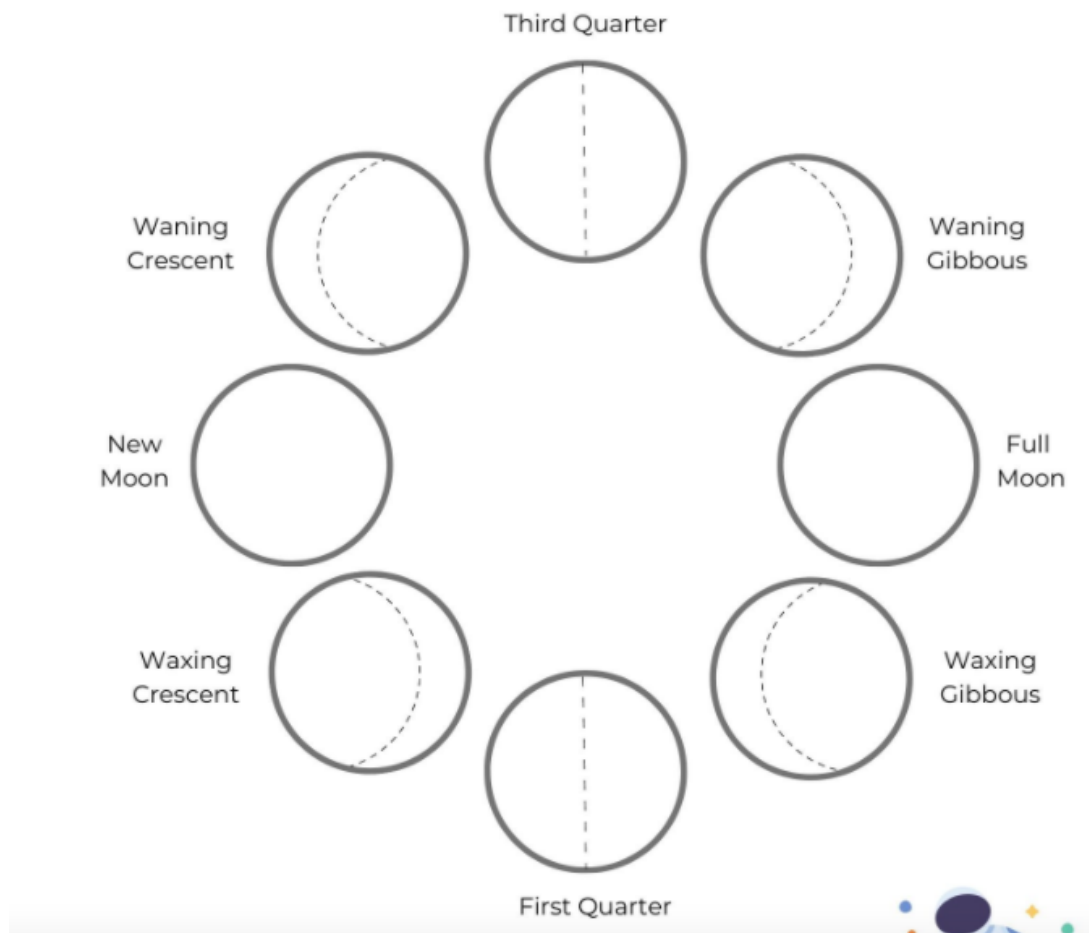


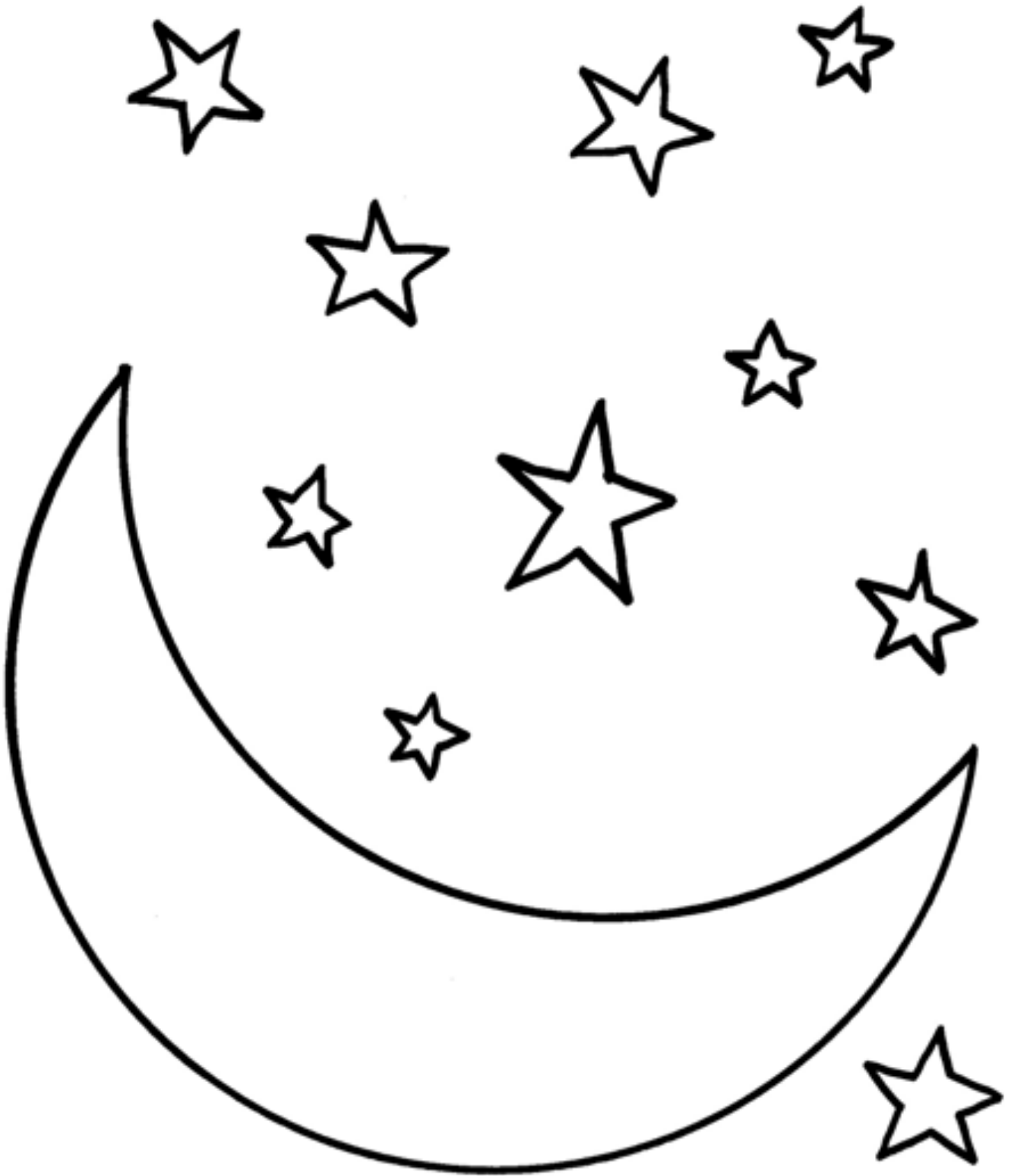
THE MOON!

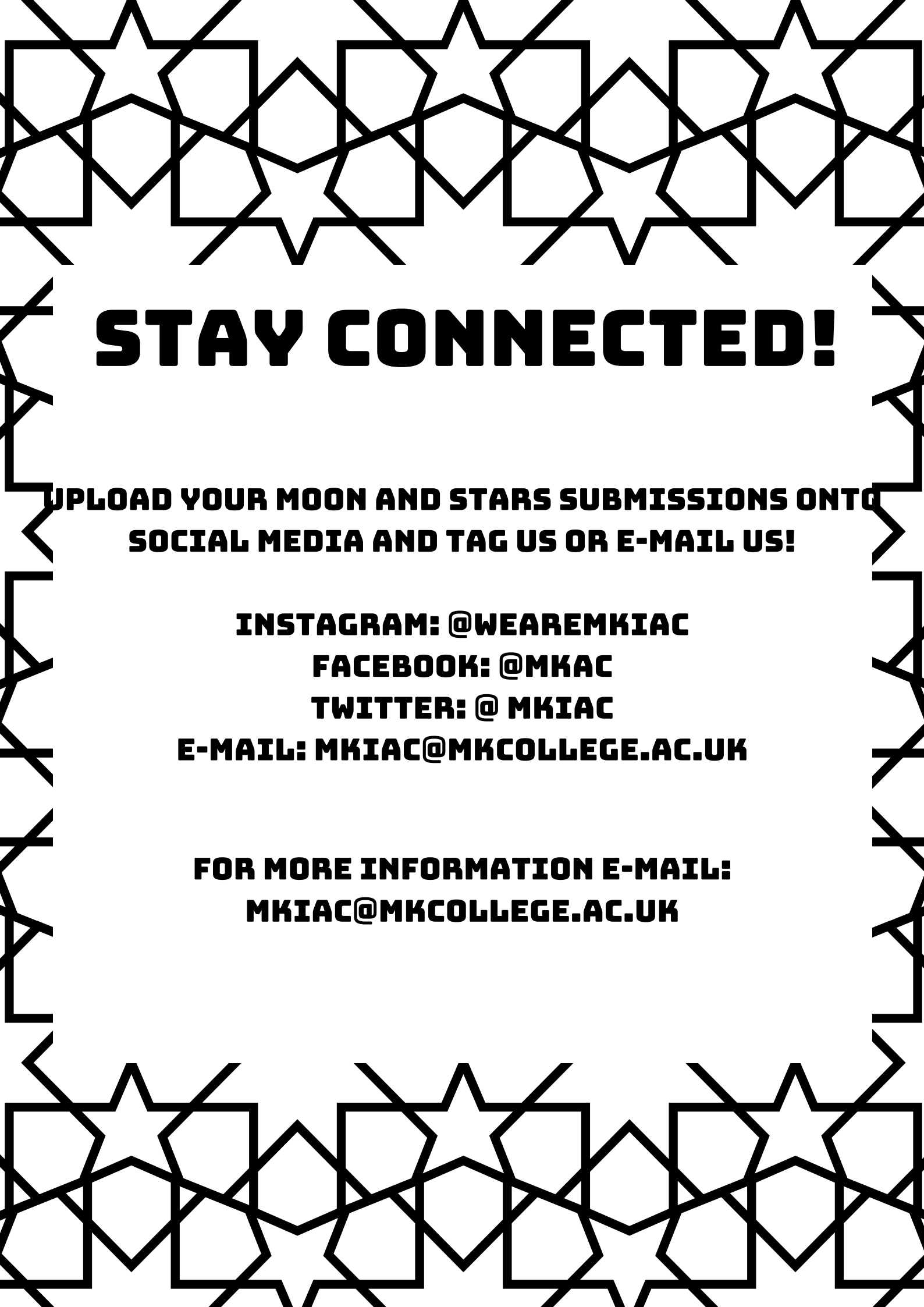
DID YOU KNOW THAT RAMADAN NEVER FALLS ON THE SAME DATES? THAT'S BECAUSE MUSLIMS FOLLOW A CALENDAR BASED ON THE MOON. WHEN IT DOES START, WE WOULD LIKE YOU TO DECORATE THE MOON AND STARS SHEET BELOW, IN ANY WAY THAT YOU WOULD LIKE, YOU CAN USE PAINT OR CRAYON, FEATHERS, SEQUINS OR STICKERS!

THEN, YOU CAN STICK IT UP IN THE WINDOW SO THAT EVERYONE KNOWS THAT THIS SPECIAL MONTH IS HAPPENING. TAKE A PICTURE AND SEND IT TO USE SO WE CAN SEE YOUR BEAUTIFUL CREATIONS!

CAN YOU COLOUR THE PHASES OF THE MOON CYCLE? WHAT CYCLE OF THE MOON IS IT TODAY?







STAY CONNECTED!

**UPLOAD YOUR MOON AND STARS SUBMISSIONS ONTO
SOCIAL MEDIA AND TAG US OR E-MAIL US!**

INSTAGRAM: @WEAREMKIAC

FACEBOOK: @MKAC

TWITTER: @ MKIAC

E-MAIL: MKIAC@MKCOLLEGE.AC.UK

FOR MORE INFORMATION E-MAIL:

MKIAC@MKCOLLEGE.AC.UK